

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

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www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

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Assistant Director

Armanda Krantz

Program Assistant

Chet Janik

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(231) 947-2509
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THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

HAPPY NEW YEAR!! Whew!!! We made it. I have never been so excited to welcome a new year. I believe there are times in our lives where we need to be knocked down and forced to lay low before we can slowly rise with a gratitude and a new perspective to guide us forward. I personally have been laid out a few times. In the midst of a crisis, I now have a better understanding of the cycle and can recognize what stage of the process I am in. We have all been affected by the pandemic in different ways ranging from social isolation, meeting basic needs in new and different ways, disbelief of the seriousness, fear of illness and loss of loved ones. I recognize that the Pandemic is far from over, but do believe we are beginning to slowly rise. Many of us are just beginning to lift our heads but even with that small movement we may be surprised at our new perspective of our surroundings.

We are blessed to live in Leelanau County surrounded by natural beauty, but one of the most beautiful sights to behold is the sense of community. Our communities have banded together to ensure each other's needs are being met. We are taking time to check in with our neighbors and family members, delivering a newspaper, offering to go to the store, and doing porch visits.

Our gratitude meters have certainly been on the rise. Who knew how excited we would be able to purchase toilet paper, hand sanitizer, or cleaning products? On a serious note, our society sometimes disregards or forgets about our older adults, but during this time it has warmed my heart to see the increase in love and concern for our family, friends and community members.

The busyness of life has slowed allowing time to reflect on what activities are important or hold true value to our lives. We at LCSS are busy ensuring your needs are being met and finding new ways to serve our community, but in our personal lives we are grateful for the opportunity to slow down and find ourselves being able to set a boundary with greater ease and less guilt for choosing not to participate in an event or activity.

Look. The arrival of 2021 has brought many gifts of gratitude and hope for new beginnings. We are just beginning to see our world differently. As we continue to rise this year, join with us in creating a stronger, and more beautiful community.

Warmly,

April

Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care*
- ♦ Respite Care*
- ♦ Homemaker*
- ♦ Medication Management*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons**
- ♦ BATA Pass

Promoting Safety:

- ♦ Care Trak
- ♦ Emergency 911 Cell Phone
- ♦ Freedom Alert
- ♦ Emergency Pendant
- ♦ File of Life
- ♦ Safety Medical Equipment
- ♦ Loan Closet

Social Activities:

- ♦ The Lunch Bunch
- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo

* Income and asset tested through application and home evaluation process.
** Funded by USDA

Self-Quarantining

We want to remind you of the importance of a 14 day quarantine when returning home to Leelanau County. Health officials continue to advocate for a 14 day quarantine after you have traveled within the state, country, or internationally.

The 14 day quarantine is a long time health practice and is due to the time it may take for a virus to take hold. You may not have any symptoms, but may have been exposed, be a carrier or develop the disease within the 14 day time frame.

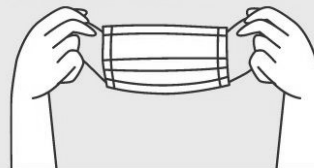
The CDC is encouraging everyone to voluntarily self-quarantine after travel to prevent the spread of COVID-19. We understand this may be challenging especially when it comes to stocking your household with needed food and supplies upon your return and call for help, ask neighbors and friends.

Please contact our office at 256-8121 or the Benzie-Leelanau District Health Department at 256-0200 with any questions.

LCSS received masks to help reduce the spread of COVID-19. If you are in need of masks, please call LCSS and we will get them to you. (231) 256-8121

Mask Up Michigan

**Free masks
to protect vulnerable
populations from COVID-19**



Masks are proven to reduce a person's chance of spreading COVID-19 by about 70 percent.

Provided through Michigan Department of Health and Human Services MDHHS, Ford Motor Company, FEMA to keep Michigan safe

Veterans services and support

Veterans Affairs

*(Disability, Pension,
Death Benefits, etc.)*

1-231-995-6070

*A VA representative is at
the Government Center
on Tuesdays only*

Grand Traverse County Chapter

Disabled

American

Veterans

*(Coordinates
transportation to VA
medical facilities)*

1-231-313-9357

VA Clinic

(Health Care)

1-231-932-9720

Vet Center

*(Readjustment
Counseling-PTSD)*

1-231-935-0051

Supportive Services for Veteran Families

(Homeless Veterans)

1-844-900-0500

Please contact one of
these service providers
if you or someone you
know can benefit from
any or all of these
resources.

AARP Tax Preparation Service

Once again this year Leelanau County Senior Services is partnering with AARP to offer free federal and state income tax return preparation services. The AARP volunteers will be providing this service at the Leelanau County Government Center in Suttons Bay, on a by appointment basis. These services are available to all seniors age 60 or older whose federal income tax returns income consists primarily of wages, interest, dividends, simple capital gains or losses and retirement income. There is no charge for this service.

Call Leelanau County Senior Services to schedule your appointment.
Appointments are limited and filling up fast.

(231) 256-8121

VOLUNTEERS NEEDED

Once again the AARP Tax Aide Program will be partnering with the Leelanau County Senior Services Department to provide federal and state income tax return preparation services to Leelanau County seniors.

AARP Tax Aide is looking for volunteers to function as tax return preparation counselors at Suttons Bay. If you are interested in volunteering for this program or would like additional information please e-mail Cynthia Glines at glinesc@chartermi.net or call Leelanau County Senior Services at (231) 256-8121 and we will get her a message with your contact information.

Do you remember or remember hearing about.....

Lake Leelanau was called Provemont?

Maple City was called Peg Town?

Cedar was called Cedar City?

Suttons Bay was called Pleasant City?

The Lake of Lake Leelanau was called Carp Lake?

Cedar River was called Victoria Creek?

There was a store and Post Office in Isadore?

President Warren G. Harding wanted to build a retreat in Leelanau County.

The first legalized alcohol beverage in Leelanau County was served at Dans Power House in Provemont, Michigan?

It was said Al Capone had a hideout not too far from Duck Lake Corners.

If you have a memory you would like to share, give LCSS a call.
We would love to hear from you.

**Fire and Rescue
Non Emergency
Numbers:**

Sheriff's Office
256-8800

Cedar Fire and Rescue
228-5396

Elmwood Twp Fire
& Rescue
941-1647

Glen Lake Fire Dept.
Station 1: Glen Arbor
334-3279

Station 2: Empire
326-5250

Grand Traverse Band
Fire/Rescue
534-7666

Leelanau Township Fire
386-5343

Leland Fire and Rescue
256-7760

Suttons Bay-Bingham
Fire/Rescue
271-6978

Help Lines

COVID-19 Help Line
888-535-6136 and press 8

24 Hour Crisis Help Line
(833) 295-0616

Suicide Prevention
(800) 273-TALK (8255)

Homeless Prevention Line
(844) 900-0500

Addiction Treatment
Services
(800) 622-4810

Womens' Resource
Center
(231) 941-1210

The Holidays Are Over—Now What?

Elizabeth Bradfield, Account Liaison – Heartland Hospice

You've made it through the holidays—including all the gatherings and outings many of us look forward to each year. Perhaps this was the first holiday season since the loss of a loved one or a significant life change. You may have had friends and family keeping you busy during November and December but now you are faced with January and February and the coldest, darkest part of the year. We tend to anticipate those who are grieving will have a difficult time through the holidays, so those folks may feel somewhat forgotten *AFTER* the holidays have passed and we all return to our regular routines.

In an article in *Psychology Today*, psychologist Dr. Maria C. Lamia writes, *"Many people believe that if you have effectively mourned a loss you will then achieve closure. The notion that one mourns a loss and then gets over it, to the extent that emotions about the loss are not triggered in the future, is a myth."* It can sometimes feel as if our friends and family expect us to move on from our grief within a certain time period, or after following prescribed steps designed to help us "get over" a loss.

The truth is, many of us can mourn for months or years after experiencing a profound loss. It's important not to compare your grieving experience to someone else's. Each loss is unique and each bereaved person is unique. Be it a trusted friend, licensed counselor or grief support group, there are many resources for people who are grieving and only you will know which is right for you. What's most important is to know when you are struggling and how to get help.

Grief that lingers is referred to as incomplete or "complicated grief". According to the Mayo Clinic, *"Complicated grief is like being in an ongoing, heightened state of mourning that keeps you from healing."* Signs of being "stuck" in grief include intense sorrow, pain and rumination over the loss or constantly rehashing what happened, with no resolution. Some people may have trouble returning to normal routines and hobbies. They may remain isolated and depressed and feel a sense of numbness or detachment. If you feel you may be stuck in your grief, reach out to someone who will give you an unbiased opinion to determine how you can best continue processing your grief.

Heartland Hospice offers grief and bereavement services to the community and we can be reached at 231-935-3089.

Foot Care Update:

Many of us take our feet for granted, until pain or problems develop that can no longer be ignored. It is important to be kind to your feet and take good care of them before problems arise and to treat existing problems before they limit your ability to function.

We are excited to announce that we are able to offer foot care again with Linda Lingaur

Linda Lingaur – Linda provides one on one foot care at her business in Lake Leelanau as well as providing home visits.

Foot care is available any senior age 60 and over.

Seniors whose primary residence is Leelanau County may purchase a Foot Care Voucher for \$15 which is redeemable for the cost of basic footcare: maximum of 6 vouchers per senior per year.

Non residents may contact Linda, but will need to make arrangements for payment for the service.

Make your appointment by calling:
Linda Lingaur - 231-883-4529

If you have any questions, please call Senior Services at 231-256-8121

* If you need a registered nurse for foot care, check with your primary physician.

COVID-19 Counseling Hotline

Mental health experts at the Michigan Department of Health and Human Services (MDHHS) are launching a statewide media campaign this week urging residents to seek relief from COVID-19-related emotional distress by talking to a trained crisis counselor and learning about other help available.

The “Be Kind to Your Mind” campaign promotes the use of Michigan’s free, confidential Stay Well counseling line, and aims to combat stigma associated with seeking help for feelings of depression, anxiety, anger or loss – all common during a disaster like COVID-19.

The Stay Well counseling line is staffed with crisis counselors 24 hours a day, seven days a week. Callers can access the line by dialing Michigan’s COVID-19 hotline at 888-535-6136 and pressing “8” at the prompt. The service is part of a federally funded grant program implemented by the MDHHS Behavioral Health and Developmental Disabilities Administration in partnership with the Michigan State Police.

“Many of us are having a hard time right now,” said MDHHS Director Robert Gordon. “There should be zero shame and zero stigma – just honesty that can help each of us find our own inner strength. ‘Be Kind to Your Mind’ says you can talk about the strain from COVID with trained counselors who are available for free if you call **888-535-6136 and press 8**, or visit [Michigan.gov/StayWell](https://www.michigan.gov/StayWell).”

Reference: www.michigan.gov

Grief Support

Munson Bereavement offers teleconferencing to provide grief support each week on Tuesday, at 11:00 a.m. A conference call is available to anyone experiencing grief or loss.

Hosted by grief professional Erin Gray with Munson Hospice, this session is a friendly check-in for those living with loss and who would like help understanding grief. Newly bereaved are welcomed.

Instructions:

1. **RSVP:** to either hospiceBereavement@mhc.net or by calling 800-252-2065 to receive a passcode. Turnaround time is faster when responding to the e-mail address. It is only necessary to respond once, because the same passcode is used each week.
2. **Call:** Tuesdays - Dial 231-213-0100. If the line is busy call 231-935-3400.
3. **Provide Conference ID:** The system will prompt for a Conference ID. Enter 21932#.
4. **Provide Passcode:** The system will prompt for a passcode. Enter the code you received from the Bereavement Office, followed by the # sign.
5. **Join the Teleconference:** Announce yourself and join the group!

Support for Grandparents

If you are a grandparent with grandchildren living with you and you are their main caregiver? The Child & Family Services of Northwestern Michigan (CFSNM) has availability from the Kinship Caregiver Supplemental Funding (under the Older Americans Act)

The definition of a Grandparent or Older Individual Who is a Relative Caregiver under the Older Americans Act is:

- A. Lives with the child;
- B. Is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child;
- C. Has a legal relationship to the child, such as legal custody or guardianship, or is raising the child informally.

The funding can be used for a variety of supplemental needs, upon approval from CFSNM.

Examples include:

1. Legal assistance
2. Counseling
3. School needs
4. Camps
5. Transportation

If you would like more information on the funding, please contact
Child & Family Services of Northwestern Michigan at (231) 946-8975

Aging Solo

Leelanau County Senior Services has seen an increase in the number of seniors who are contacting us to discuss services and supports available for seniors who are aging alone. These individuals may not have had children and do not have a family support system. Some have a great community of friends but like themselves are growing older and are experiencing some of the same challenges. Many of them have moved here during retirement leaving behind their family, and community of people they have built over a lifetime. According to the United States Congressional Joint Economic Committee this year it is estimated that 31 percent of the population sixty-five and older lives and ages alone. This equates to over fifteen million Americans who are aging by themselves.

Like many seniors many of the challenges associated with aging solo are related to housing, transportation, in-home services, and ensuring your affairs are in order with a will/trust, and power of attorney. One component that continues to assist anyone with aging in place is to prepare. We cannot stress enough the importance of making a plan. It can be difficult to look to the future and develop a plan inclusive of all the “what if” scenarios, but the value of easing your mind is priceless.

As we begin this new year in the midst of a pandemic it is worth dusting off any documents you have prepared in the past for review or to finally begin to put together a plan that addresses some of the top contenders as we strive to age well and in place. Below you will find a list of questions related to topics we are frequently asked about. Our hope is to get you thinking and contemplating what you would like as you age in place or to stimulate additional questions. Everyone is unique in their situations and desires. We here at LCSS are happy to answer any questions and guide you to resources that may be available to you. Do not hesitate to reach out to us to further discuss your plan for aging.

Health and Safety: Do you have any chronic illnesses that may prevent you from remaining safely in your home. What can you do to address any impending health risks or concerns? Have you completed medical directive? What resources are available to you should you need medical assistance or care in your home or a senior living community? Do you have a Power of Attorney if you are unable to advocate for yourself?

Housing: Is your home suitable for aging in place? Can you maintain your home inside and out? Do you have options to downsize or move into a senior living community?

Finances: Are your finances in order? Do you have a power of attorney or a fiduciary in place should it become challenging to manage your finances? Are you educated about scams and know who you could contact if you are concerned an e-mail, or phone you have received is a scam?

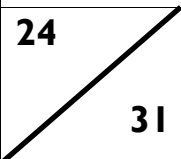
E-mail Address Change

Please note: our e-mail address has changed to seniorinfo@leelanau.gov

If you or someone you know would like to receive our newsletter via e-mail, please call the office or send us a note to our new address.

Thanks


January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day <u>Office Closed</u>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 MLK Day <u>Office Closed</u>	19	20	21	22	23
24  31	25	26	27	28	29	30

*Food Commodity or Surplus every 3rd
Tuesday of every month*

February 2020

*For more information on surplus &
commodities: 1 (800) 632-7334*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Groundhog Day	3	4	5	6
7	8	9	10	11	12	13
14 Valentines Day 	15 Presidents' Day <u>Office Closed</u>	16	17	18	19	20
21	22	23	24	25	26	27
28						

Downsize and Cost Cutting “Hacks”

Looking back on my life of being a mom of three strapping boys, I’ve learned to make huge amounts of food on a strict budget. Now that my sons are grown with families of their own it’s hard to relearn to cook for just Matt and myself. When I’m trying to make a casserole or spaghetti and meatballs, cutting the ingredients in half sometimes doesn’t work and we don’t want to eat the same thing for days in a row.

I’ve found I can still make dinners like I used to by using smaller pans. I can make even more meals to freeze for a later date. I now make my mother-in-law’s famous curry chicken casserole by using 2 to 3 glass 9” square pans and divide it up. I freeze two and have the third for supper. Instead of making meatballs and Italian sausage in my spaghetti sauce, I now mix my burger and sausage together and make small meatballs. I bake them instead of frying. Once cooled, I put the meatballs in freezer bags for each serving. If my sons come over with their families for supper I pull out how many bags will feed the crowd or if it’s just Matt and I, one bag will do. I’ve discovered making a batch of lasagna will make 4-6 glass loaf pans of lasagna (depending on your loaf pan size). I love chicken enchiladas with the red sauce. When I’m making the filling, I’ll add a can of drained and rinsed black beans, a can of drained corn, canned chopped chilis and a can of seasoned chopped tomatoes. That will double the recipe with the same amount of chicken as a single recipe. All I need is more tortillas and 3-4 9” glass pans. I still make a huge pot of chili, instead of my boys eating it with a bit left over, I now freeze it in serving containers for later dates.

I’m always looking for ways to cut corners and save money all the while giving my family good meals.

If you have a “hack” you would want to share with me and our readers, please give me a call at the office and share your ideas.

Armanda

Easy Fish Tacos

tasty.co/recipe/easy-fish-tacos

January is filled with new hopes, new ideas and lots of New Year’s Resolutions. Of course mine is to eat healthier and exercise more. I came across this recipe and thought, let’s get started. Definitely going on my “make again” list. It was great. I was able to substitute the fish with halibut fillets and cut the slaw amounts in half. Enjoy ~ Armanda

Tacos:

4 tilapia fillets (I used flounder)
1/4 tsp cayenne pepper, ground
1/2 tsp garlic powder
1/2 tsp cumin
1/2 tsp salt
1/2 tsp pepper
corn tortillas (I used flour)

1. In a bowl, mix cayenne, garlic powder, cumin, salt, and pepper.
2. Season each fillet on both sides with the seasoning mix
3. Over medium-high heat, cook 2 fillets at a time for 8 minutes, flipping halfway. Repeat for the remaining fillets.
4. Use a fork, break apart the fillets into bite-size pieces.
5. Right before serving, heat the tortillas in a pan over high heat.
6. Remove warm tortillas from the pan and assemble the tacos with the cabbage slaw and fish.
7. Garnish with chopped cilantro and fresh lime wedges.

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

Cabbage Slaw:

3 c green cabbage, shredded
1/2 c red onion, diced
1 c sour cream
1 lime, juiced
1/4 tsp salt

1. In large bowl, combine cabbage, onion, sour cream, lime juice, and salt.
2. Chill until ready to serve.

(if you want you can use your own slaw recipe)

Well, hasn't this been an interesting year? In the last edition of the "Scam Alert" column, as our country was just beginning to deal with the pandemic, we identified some precautions that you can take as suggested by the Federal Trade Commission (FTC) in light of COVID-19. As we continue to deal with this public health crisis, this edition of the "Scam Alert" column will specifically provide you with some updated information regarding COVID-19 scams. Please keep in mind that this information was current as of the date of this writing; however, it is a good idea to check the various government websites regularly as information is updated often.

COVID-19: Three of latest scams

As mentioned in the last column, it is unsettling that fraud perpetrators would take advantage of unsuspecting individuals during this time but the fraud schemes are prevalent and new scams are being created each day. These tech-savvy individuals will use social media platforms, telemarketing, door-to-door visits and text messages to trap the victim. Let's examine three scams that law enforcement is aware of and which you should understand.

According to the official website for the U. S. Department of Health and Human Services (Office of Inspector General), "In one major scheme, fraudsters hack social media accounts and send direct messages to beneficiaries while posing as a friend or government employee. The impersonator claims the person is eligible for government grants (citing various reasons like COVID-19, disability, etc.) and urges them to call a phone number to collect the funds. Upon calling, the beneficiary is asked to pay a "processing fee" (using bank account information, gift cards, bitcoin) to receive the grant money. In return, targets of this scam never receive any money, but often large sums of their money are often stolen from them. These alleged grants are entirely illegitimate".

In another successful fraud scheme, the perpetrator offers COVID-19 tests to Medicare beneficiaries but requires certain key personal information such as the individual's Medicare information. The Department of Health and Human Services informs us that "these services being offered are unapproved and illegitimate". From the standpoint of the fraud perpetrator, this type of scam is very lucrative as these criminals would love nothing more than to obtain Medicare information or personal health care information from an unsuspecting victim.

Finally, another scam focuses on medical lab tests that are being targeted towards retirement communities. The claim is made that these are COVID-19 tests, but the scam actually involves drawing blood and billing federal health care programs for medically unnecessary services.

According to the HHS website, the following steps should be taken to protect yourself from a possible COVID-19 scam:

- Beneficiaries should be cautious of unsolicited requests for their Medicare or Medicaid numbers or personal/medical/financial information. Medicare will not call beneficiaries to offer COVID-19 related products, services, or benefit review.
- Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If you receive a suspicious call, hang up immediately. Keep in mind that if your personal information is compromised, it may be used in other fraud schemes.
- Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals. Ignore offers or advertisements for COVID-19 testing or treatments on social media sites. If you make an appointment for a COVID-19 test online, ensure the location is an actual testing site.
- A physician or other trusted healthcare provider should assess your medical condition and approve any requests for COVID-19 testing.
- Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.
- Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare number, financial information, or attempt to set up a COVID-19 test for you and collect payment information for the test.
- If you suspect COVID-19 health care fraud, report it immediately online or call 800-HHS- TIPS (800-447-8477).

The Leelanau County Senior Services office reminds you to please stay vigilant at all times. Please contact the office at (231) 256-8121 and, with permission, we can post your story anonymously on our Facebook page if you were a victim of fraud and wish to share your experience.

Allison serves as a Basic Member of the Maricopa County, Arizona Sheriff's Office Posse Reserve in a volunteer capacity.

Have a truly wonderful holiday season and above all else, stay healthy! References:

U.S. Department of Health and Human Services: Office of Inspector General. Retrieved from: <https://oig.hhs.gov/coronavirus/fraud-alert-covid19.asp>.

Don't Forget

Parkinson's Network North Support Group:

Help is available for those living with Parkinson's Disease and their loved ones.

Hettie Molvang is available by phone to answer questions, provide support, and offer resources to help navigate through this diagnosis.

Although group meetings are cancelled for now, Hettie will provide invaluable one-on-one support.

Call 231-947-7389 or visit the website www.pnntc.org.

Her advice to all is: "Meds on time. Keep singing out loud. Moving, moving, moving!"

Internet Café

The Friendship Community Center in Suttons Bay is offering an Internet Café.

Monday - Thursday

10:00 a.m. - 2:00 p.m.

Must bring own computer.

Seating is limited, first come first served!

For more information:

(231) 480-6006

We have a loan closet

Are you or someone you know in need of either short or long term medical equipment?

LCSS and ShareCare have consolidated our equipment into one loan closet in an effort to make things easier for everyone.

The items we have for loan are an assortment of walkers, canes, wheelchairs, transfer chairs, commodes, shower benches and stools as well as many miscellaneous items.

There is no charge or time frame for borrowing any of the equipment.

Call LCSS to see if what you need is currently available before making the trip to our office.



Dates the Government Center is Closed

Friday	01/01/21	New Year's Day
Monday	01/18/21	Martin Luther King, Jr. Day
Monday	02/15/21	Presidents' Day
Friday Noon	04/02/21	Good Friday Afternoon
Monday	05/31/21	Memorial Day
Friday	07/05/21	Independence Day
Monday	09/06/21	Labor Day
Thursday	11/11/21	Veterans Day Observed
Thursday	11/25/21	Thanksgiving Day
Friday	11/26/21	Friday after Thanksgiving Day
Thursday	12/23/20	Day before Christmas Eve
Friday	12/24/20	Christmas Eve

LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

PRSRT STD
U.S. Postage
PAID
Traverse City
Permit #561

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.cc/seniorservices.asp
